thecollegian



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More than a resume One student sticks up for SGA candidates in today's Fourum

Rewriting history Seniors McGruder, Irving, Henriquez leave unparalleled legacy

Serious business March 3-9 is officially Severe Weather Awareness Week

K-STATE'S WINNINGEST SENIOR CLASS ADDS 99TH VICTORY WITH 79-68 WIN OVER TCU

SENIOR NIGHT

Mike Stanton assistant news editor

The No. 9 K-State Wildcats took care of business on Senior Night in Bramlage Coliseum last night, disposing of TCU by a final score of 79-68. The win, which was the 99th in the careers of seniors Jordan Henriquez, Rodney McGruder and Martavious Irving, puts K-State one game away from a Big 12 title.

"We're playing for a cham-pionship. That's been our goal all season, that's why you do it," said first-year head coach Bruce Weber. "Ťo be honest, early on, with the way we were playing, I didn't think we'd have a chance to get that far."

Weber's team has the chance to show how wrong he was on Saturday when they travel to Stillwater, Okla., to take on Oklahoma State for a share of the conference title. The Wildcats beat the No. 13 Cowboys 73-67 on Jan. 5 in Bramlage.

Just to win 25 games, I'm so proud of the whole team," Weber said. "Chemistry is so important, and we have great chemistry in the locker room. Now, the only question is, do they want more?"

Tuesday's victory was the last time the three seniors would play in front of their home crowd in Bramlage. After leading his team in his trademark tunnel dance for the final time, Irving, a guard, tallied 15 points and five assists. After bending down to kiss the Powercat logo at halfcourt before checking out with 30 seconds left, he addressed the fans in a post-game ceremony.

"I just want to thank all you guys, you're the best sixth man in the country," Irving said. "Hopefully we can get as many people as we can to Kansas City for the Big 12 tournament and then the NČAA tournament."

The Wildcats are currently projected by ESPN as a No. 3 seed in the Midwest region, landing them at the Sprint Center in Kansas City for the opening weekend. It was there that K-State upset then-No. 7 Florida a few days before Christmas.

Guard Rodney McGruder finished with 13 points and five assists, including two dunks that brought the crowd to their feet. After the game, he said he couldn't have asked for a better place to play and call home than K-State, but he added that he wasn't satisfied.

We have to get back after it. These next two practices will be big," McGruder said. "We need to

SENIOR | pg. 3



Going up for a dunk, K-State senior guard Rodney McGruder outruns two TCU defenders to the basket on Tuesday night during his last game in Bramlage Coliseum. The Wildcats defeated the Horned Frogs 79-68 and remain in the race for the Big 12 Conference title with one game left. K-State is tied with KU at the top of the conference and one win ahead of Oklahoma State. A victory in Stillwater, Okla., on Saturday will guarantee the Cats a share of the title.

Sitting too long linked to chronic diseases

Som Kandlur

A large study led in part by K-State researcher Rick Rosenkranz, assistant professor in human nutrition, has added to the growing evidence supporting the theory that inactivity leads to chronic diseases like diabetes, heart disease and high blood pressure.

Rosenkranz's research is relevant to college students across the country who spend hours daily sitting at desks and working on computers. Nichole Finke, senior in the interior architecture and product design, said it is normal for most of the students in the college of architecture to spend long hours sitting at their

"There have been many times that I have worked either all afternoon or all evening from 7 o 'clock to 1 in the morning," Finke said. "It is also not uncommon for students working in the studio to suffer from back and shoulder problems." Research conducted by

Rosenkranz, in collaboration with researchers Emma George and Gregory Kolt of the University of Western Sydney in Australia, correlated a variety of chronic diseases with the daily sitting times of over 63,000 male test subjects between the ages of 45 and 65 in the Australian state of New South Wales.

"We looked at the relationship between sitting time and chronic disease," Rosenkranz said about the findings of the research he and his colleagues conducted. 'We concluded that more physical activity and less sitting time was protective against these dis-

The team members conducted cross-sectional research in which they asked the candidates, who were all male because men are at greater risk than women are of contracting such diseases, to fill out a questionnaire.

The questionnaire asked them to report whether they had recently been informed of having a chronic disease by the doctor, the amount of time they spent sitting each day, educational qualifications, household income, smoking status, body-mass indices and, most important, the amount of physical activity they performed each day.

The researchers then examined the odds of chronic diseases such as heart disease, high blood pressure and diabetes. The results of the study revealed that

SIT | pg. 6

Residence halls implement new rule for students: only six semesters

Cameron Kietzman contributing writer

The Department of Housing and Dining Services is instating a six-semester limit for students living in the residence halls beginning with the 2013-14 academic year. The limit was put into place in order to allow room for the increasing number of students attending K-State each year.

"We are happy that we have the opportunity to house as many students as we can," said Nick Lander, assistant director for resident life with Housing and Dining Services. "But we are trying to get as many freshmen in the residence halls as possible in order to support them in their needs and their transition to college." The new rule applies to all nine

residence halls, but it does not include Jardine Apartments.

"Since we have more students

who want to live with us than we have space for, we have placed a few hundred students on residence hall contracts in the living community in Jardine," Lander said.

The new regulation may present challenges for students preparing to move out of the residence halls for the first time.

"I love living in the dorms," said Santosh Dandi, sophomore in computer science and Haymaker Hall resident. "One of the only ways for me to live here my last year is to become a residence assistant,

which I am thinking about." This semester is Dandi's fourth semester living in the same room in Haymaker Hall. He plans to return to the same room in the fall, but now he is questioning his plan for his senior year.

"Being in the dorms has so many nice benefits," Dandi said. "The food at the Derby Dining Center is connected to the dorms, and it's so

close to campus which is a plus. I don't have a car, so transportation from living off-campus could be a problem for me."

Brittney Machado, senior in animal science and industry, currently resides in Moore Hall, having lived in Haymaker Hall, Ford Hall and her sorority house in past years.

HALLS | pg. 5

Kate Hagans | Collegian

Victor Roy, freshman in pre-journalism and mass communications; Lucas Ellis, freshman in feed science and management; and Chad Hall, freshman in environmental design, study together in their living room at Jardine Apartments on Feb 20. Jardine residents are exempt from the Department of Housing and Dining Services' new policy that restricts students from living in residence halls for more than six





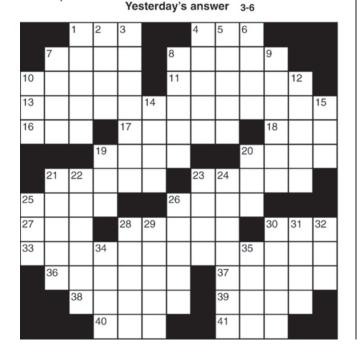






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THE FOURUM

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The Fourum is a quirky view of campus life in voices from the K-State community. Positive and humorous comments are selected for publication by the Collegian marketing staff.

I'm an EMAWnster.

Democracy is a pathetic belief in the collective wisdom of individual ignorance. Societal acceptance of innocence is less important than privacy until proven guilty. A person being arrested shouldn't warrant being put on the front page of the newspaper. I'm looking at you, Collegian editors.

To the beautiful girl in my microbiology class, try smiling!

Help, I'm surrounded by dumb sorority girls!!!

To those that say SGA elections are just about personal resumes, I know both Eli and Jake personally and that couldn't be further from the truth for them!

The wind tunnel on campus is suffocating.

Editor's note: To submit your Fourum contribution, call or text 785-260-0207 or email thefourum@ kstatecollegian.com. Your email address or phone number is logged but not published.



Logan's Run | By Aaron Logan







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The Collegian welcomes your letters. We reserve the right to edit submitted letters for clarity, accuracy, space and relevance. A letter intended for publication should be no longer than 350 words and must refer to an article that appeared in the Collegian within the last 10 issues. It must include the author's first and last name, year in school and major. If you are a graduate of K-State, the letter should include your year(s) of graduation and must include the city and state where you live. For a letter to be considered, it must include a phone number where you can be contacted. The number will not be published. Letters may be rejected if they contain abusing content lack

Letters may be rejected if they contain abusive content, lack timeliness, contain vulgarity, profanity or falsehood, promote personal and commercial announcements, repeat comments of letters printed in other issues or contain attachments.

The Collegian does not publish open letters, third-party letters or letters that have been sent to other publications or people.

CORRECTIONS

If you see something that should be corrected or clarified, call managing editor Darrington Clark at 785-532-6556 or email news@kstatecollegian.com.

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All weather information courtesy of the National Weather Service. For up-to-date forecasts, visit *nws.noaa.gov.*

THE BLOTTER

ARREST REPORTS

Monday, March 4
Jacquelyn Nicole
Clarkson, of Junction City,
was booked for unlawful possession of hallucinogens, use
or possession of drug paraphernalia and driving with a
canceled, suspended or revoked license. Bond was set
at \$3,000.

Matthew Kyle Karstetter, of the 2100 block of Green Avenue, was booked for fleeing or attempting to elude a law enforcement officer. Bond was set at \$2,500.

Scott Leroy Mocker-man Jr., of Holyrood, Kan., was booked for probation violation. Bond was set at \$305.50.

Dedric Dwayne Riser, of the 500 block of Moro Street, was booked for failure to appear. Bond was set at \$1,000.

Warrell Delvon Spiller, of the 1300 block of Marlatt Avenue, was booked for battery against a law enforcement officer, criminal damage to property and disorderly conduct. Bond was set at \$3,000.

Tyler James Bell, of the 1900 block of Jardine Drive, was booked for failure to appear. Bond was set at \$356.

Compiled by Katie Goerl



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3-6 CRYPTOQUIP

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CELEBRATE MARCH:

WOMEN'S HISTORY MONTH

Come visit your **K-State Women's Center** in 206 Holton Hall for free materials, bookmarks, and a nice cuppa joe, cocoa, or tea.

You can also find us in the Union this month tabling with lots of information about Healthy vs. Unhealthy Relationships and beautiful **purple wildcat buttons**.

Another world is not only possible, she is on her way.

On a quiet day I can hear her breathing... Arundhati Roy

Join Wildcats Against Rape: 532-6444 or http://www.k-state.edu/womenscenter/W.A.R/W.A.R.htm

MEN'S BASKETBALL

Senior class leaves behind unique legacy



No. 99 was special, there is no doubt. Senior Night, parents and another sold-out crowd were on hand to witness one last Martavious Irving tunnel dance as he joined fellow seniors Rodney McGruder and Jordan Henriquez to grace the Bramlage Coliseum floor one last time.

"I'm going to miss the Octagon of Doom," Henriquez said to the crowd after the 79-68 win over TCU. "K-State is going to be in my heart forever."

Irving was more direct.

"We're going to try and get one more so we can finish this regular season with a conference title," he said.



To continue reading the rest of this column, visit kstatecollegian.com.



Seniors Jordan Henriquez, Martavious Irving and Rodney McGruder pose on the Bramlage Coliseum court during their last home game on Tuesday. The Wildcats will travel to Oklahoma State on Saturday. A win would allow the Wildcats to claim ownership of the Big 12 title for the first time in school history.

SENIOR | Cats take victory despite injuries, foul trouble



get back to the way we play basketball. That definitely wasn't our most impressive win.

After controlling the tempo in the first half and jumping out to a 15-point lead at halftime, the Wildcats struggled early in the second period when the Horned Frogs switched to a zone defense. TCU cut the lead to as little as 5 in the first six minutes of the second half before K-State's offense came back to life.

Sophomore forward Thomas back after that, coasting to an 11Texas. Weber said Spradling's status is monitored daily, and he hopes he will be ready for Satur-

day's matchup.
"It's just something we need to rehab and hope his body mends itself," Weber said. "We've got that great new facility with the underwater treadmill, and he will be doing that tomorrow. If he isn't ready to play, we'll just have to deal with that. These guys have been playing pretty well." Senior center Jordan Hen-

riquez, whose playing time in the first half was limited after he found himself in early foul trouble, did not have an impressive night statistically in his final home game. He finished with five rebounds and no points, but he told fans after the game that he appreciated them.

"I'm going to miss the Octagon of Doom," he said. "K-State's going to be in my heart forever."

K-State travels to Stillwater on Saturday to take on the Cowboys of Oklahoma State with a chance to clinch at least a share of the Big 12 regular season title. Tipoff is scheduled for 12:30 p.m.

GOLF

Women's golf team places 11th

David Embers staff writer

The K-State women's golf team finished 11th out of a total of 14 teams in the Juli Inkster Spartan Invitational, which was hosted by Almaden Golf and Country Člub in San Jose, Calif.

The Wildcats posted a final round 308, which was good for the sixth-best score of the day.

Individually, the Wildcats were led by sophomore Olivia Eliasson. Eliasson shot a 12-overpar 228 for the tournament, just one stroke away from a top-20

Senior Whitney Pyle and junior Gianna Misenhelter both shot 15 over par, totaling 231 for the tournament and finishing tied for 31st.

Sophomore Carly Ragains and freshman Scotland Preston rounded out the Kansas State team, shooting 23-over and 29over respectively. Ragains finished tied for 55th and Preston tied for 63rd.

The tournament was won by Stanford, who posted a 14-over par for the entire tournament, besting second place Washington by 11 strokes. The Wildcats will return to Manhattan for the weekend, before heading to Tucson, Ariz., for the Mountain View Collegiate on March 15-16.

On the men's side, K-State finished in 12th place at the 2013 Fresno State Lexus Classic on Tuesday. For the second event in a row, senior Curtis Yonke led the Wildcats as he tied for 17th place after recording a 2-under

MEN'S GOLF SCORES

Daniel Wood 3-over 219, 35th place Kyle Weldon 8-over 224, 63rd place **David Klaudt** 9-over 225, 68th place Ben Juffer

11-over 227, 81st place

14-over 230, 93rd place

Matt Green

After the tournament, K-State head coach Tim Norris talked about how he thought the team was pressing a little bit on Tues-

"It was not a great day for us," Norris said. "I think our guys might have tried a little too hard and that probably hurt us a little bit. It was not the finish that we wanted but we just have to stick with the process and hope we

The No. 1-ranked team in the country, California, won the tournament by 37 strokes over second place Fresno State. Michael Kim of California posted the highest individual score at

K-State's next appearance will be in two weeks in Goodyear, Ariz. They will be competing March 25-27 in the 2013 Desert Shootout at the Palm Valley Golf

FOOTBALL

Cats to open against N.D. State in fall

Mark Kern

The defending Big 12 Conference champions will start the 2013-14 season hosting North Dakota State on Aug. 30 at 7:30 p.m., a Friday night.

The game will be televised on Fox Sports 1, a new sports network announced by Fox on Tuesday. According to John Currie, K-State athletic director, the

decision to play the game on Friday was a tough one that officials made despite a long tradition of Saturday game days at K-State. The time change is meant to create publicity for the grand opening of the new West Stadium center.

Continued from page 1



Gipson, who saw 9 of his 11 points come in the second half, scored on back-to-back possessions. Then Irving drove to the lane and kicked the ball out to sophomore point guard Angel Rodriguez for a three. After Irving hit a three of his own, Rodriguez connected from deep again, forcing TCU to call a timeout. The Wildcats never looked

Junior guard Will Spradling sat out with a bruised sternum suffered in last week's win over

Head baseball coach Brad Hill earns 300th win at K-State get better." 16-under.

BASEBALL

Spencer Low

Brad Hill won his 300th game as the head coach of the Wildcat baseball team last night, as K-State topped Niagara 10-2. Hill ranks second on the all-time wins list for K-State's baseball coaches, behind Mike Clark with 435. Hill is the second Wildcat coach to hit 300 wins. The win boosted K-State to 7-3 on the season.

Just a few hours before the senior basketball players were celebrating their last game in Bramlage Coliseum, senior right-hand pitcher Jake Doller gave the K-State baseball team a solid start on the mound. He pitched five innings, allowing one unearned run off four hits while striking out a career-high six batters and walking one. Doller's five innings were also a career high as he has spent most of his time at K-State coming out of the bullpen.

"Jake was really good today," Hill said. "He's a senior guy that we're trying to find a role for to see if he can help us. Maybe this is what it's going to be this year because those midweek games are really important. When you start looking at building a resume for yourself, midweek games are really important. He looked really comfortable and confident out there with what he was doing."

Freshman Haydon Nixon pitched thee innings of relief, allowing one unearned run, and freshman Josh Smith pitched a scoreless ninth to round out the win

K-State's offense was just as hot as its pitching. The team came out of the gate with five runs in the first three innings. Senior right fielder Jon Davis hit his team-leading third home run in the third inning as part of a two-hit day for the Wildcats. Sophomore first baseman Shane Conlon also hit a home run, his second on the year, with a solo shot in the fourth inning. This gives Conlon a hit in every game the Wildcats have played this season. Sophomore shortstop Austin Fisher led the team with three RBIs off of two hits on Tuesday afternoon.

K-State plays Niagara again today at 3 p.m. to finish the series. Freshman Blake McFadden will take the mound for K-State as they go for the series sweep and their eighth win out of 11 games are the start of the

Emily DeShazer | Collegian

Starting right-handed pitcher sophomore Matt Wivinis winds up during K-State's third game against Oakland on Sunday at Tointon Family Stadium. Con-sistent pitching has been a key part in the Wildcats' wins this season, leading them to a three-game sweep of Oakland last weekend and a 10-2 victory over Niagara on Tuesday.







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Daily Fake and St. Patty's Day **Specials Starting Thursday!**









LGBT advocate, Eagle Scout discusses gay marriage

Audience members' dropped as Zach Wahls, advocate for lesbian, gay, bisexual and trangender marriages, spoke in Forum Hall on Tuesday night.

In one part of his speech, Wahls talked about his two mothers, Terry Wahls and Jackie Reger. One day in 2006, Terry was experiencing immense pain due to her multiple sclerosis. Jackie had brought Terry to the emergency room and knew from Terry's neurologist what needed to be done. Yet because samesex marriage was not legalized in 2006, Jackie was told to wait in the waiting room away from Terry and unable to inform the head doctor of the neurologist's directions.

"I was absolutely speechless when he spoke about what had happened to Jackie being unable to communicate with Terry's doctors while in the emergency room," said Sidney Foster, co-chair of the Union Program Council and senior in communication studies. "It was all due to their lack of legality of marriage, even though Jackie had

LGBT | pg. 6



Activist and speaker **Zach Wahls** addresses a Forum Hall audience about his personal experience of being the son of two gay parents on Tuesday night. "This conversation is not about gay marriage," he said. "It's about just marriage." On Jan. 31, 2011, Wahls spoke before the lowa House Judiciary Committee in defense of gay marriage and adoption. A video of the speech quickly went viral, garnering more than 2 million hits in two days. Since then, he has been featured on national news stations, he spoke at the Democratic National Convention, and he published a book on gay marriage.

Fourth 'Blacksad' comic has lackluster story, top-notch artwork

Blacksad: A Silent Hell

★★★☆☆

Comic book review by Brian Hampel

Before the breakout popularity of superheroes in the '60s, the most popular comic books in America were actually crime comics and detective stories, which have been seeing a revival in recent

"Blacksad: A Silent Hell" is a recent entry in the detective noir genre that sets itself apart from other noirs with a very distinctive creative stroke: All the characters are anthropomorphic animals.

The story follows our hero John Blacksad, a hardboiled cat/private eye, as he travels New Orleans investigating the disappearance of a jazz musician named Little Hand (a bloodhound, if you were curious). This is the fourth

work to star Blacksad, but readers can skip the previous three and still easily follow the self-contained story of "A Silent Hell."

Like so many other comics, "A Silent Hell" suffers from poor pacing. The plot feels as though it was trimmed down from a much longer story. Instead of setting up clues for Blacksad and the reader to follow, the climactic big reveal comes completely out of nowhere with next to no setup.

Even more oddly, the reveal is largely conveyed through a character singing about it in a club. Comics have never been good at conveying music. I see why they tried to use music in the jazzy New Orleans setting, but the execution was pretty

Many supporting characters turn out to be closely tied to the unscrupulous series of crimes at the climax. The reveal didn't carry a lot of weight because said characters had previously appeared for one or two scenes, then disappeared until the end. After the reveal, I actually had to flip backward and look up some character names because I couldn't remember who they

Nearly every character in "A Silent Hell" has that problem. The story just wasn't long enough to let ús spend any time with them. A lot of the characters - like the rival hippo Leeman, Little Hand's family and Blacksad's sidekick Weekly — could have been really interesting if they appeared in more than a few

As is, writer Juan Diaz Canales often tells us about the characters with exposition instead of showing their behavior. This helps fit the complex noir plot into 50 pages, but it doesn't do any favors for the quality of the storytelling. There were a lot of convincing and entertaining snippets, but

the snippets aren't stitched together into a cohesive whole.

Despite Canales' troubles with character development, there are two exceptions: a goat with the appropriately ominous name Faust and Blacksad himself. The two spend a lot of time together, and their scenes are the most memorable and the most satisfying in the comic. The interactions between two well fleshed-out characters are a welcome break from the otherwise underdeveloped story. They hint at what "A Silent Hell" could have been if Canales had been able to write the longer story that I suspect he had in mind.

Though I like reading about Faust and Blacksad, the most developed character in the comic is really the city of New Orleans itself. The city looks alive and vibrant in every panel. There are dancing crowds, people carrying instrument cases, parades,

cafes with neon signs and all kinds of other colorful bits of detail. Every interior looks like a real hole-in-the-wall club full of quirky patrons, and every exterior has personality and detail to spare. Oddly enough, everything the characters lack is present in the setting.

Most of the personality of

Blacksad's Big Easy can be attributed to the stunning, firstrate artwork by Juanjo Guarnido. He was obviously looking to capture the aesthetic of classic film noir, and "A Silent Hell" knocks it out of the park. It pays proper homage to its inspiration while maintaining a brilliant and unique flavor of its own. The linework is always competently done with great attention to detail and surprisingly humanlike facial expressions for every animal, but it's Guarnido's gorgeous watercolors that make this artwork exceptional and imbue it with a sense of character.

to edge@kstatecollegian.com. It's worth noting that

Guarnido, unlike so many of his contemporaries in the comic medium, pays a lot of attention to lighting in his work. He uses simple contrast and smart color choices to give every panel a classic noir chiaroscuro look. It absolutely sells the style and makes the best of every location. Even the understated dialogue balloons (a nice change from the cartoonish outlined balloons that comics never seem to shed) do their part to contribute to the

For all the problems with storytelling in "A Silent Hell," I still recommend it for the quality of the artwork, which does a lot to keep the underdeveloped material interesting and engaging. I wish it had been longer and adequately fleshed out, but I'm still glad to have read it. I give it 3 out of 5 stars.

aesthetics and composition.

Brian Hampel is a senior in architecture. Please send comments

Gov. Brownback drawing attention to dangers of severe weather

With spring quickly approaching, Gov. Sam Brown-back has dedicated the week of March 3-9 as Kansas Severe Weather Awareness Week.

The week is meant to remind Kansans to prepare for severe weather and the dangers it poses, including hail, strong wind, lightning, severe thunderstorms and tornadoes.

Jamie Rathbun, K-State family and consumer sciences agent in Ellsworth County, said that one of the mistakes people make with storms is not taking the danger seriously.

"I know in the state of Kansas, the joke is you know you're from Kansas when the tornado sirens go off and you run to your front porch to

watch it coming rather than go down to your basement," Rathbun said. "Nobody should be doing that. You definitely need to be taking shelter because it is a dangerous situation and we want to help people survive and come out of a disaster unharmed."

People also tend to misunderstand when severe weather can happen, said Laurie Harrison, Riley County emergency management coordinator. Although this week is Kansas Severe Weather Awareness Week, dangerous storms are not limited to the spring or any other season of the year.

"I think a lot of the misconceptions that people have with severe weather is that it only happens in certain times of the year," Harrison said. "And that is absolutely false."

For example, Kansas' first tornado of 2012 hit in February, and the last one hit in September, Harrison said.

Rathbun recommends looking at Ready.gov, a governmental site that provides advice on how to handle severe storms and natural disasters. The site outlines three main tips that can help concerned residents prepare for severe weather.

The first tip is to make a disaster or emergency supply kit. The kit should include non-perishable food, water, medicine, flashlights, a weather radio, batteries, clothing and any other essential items that might be useful if power goes out or an injury occurs.

The second tip is to remain informed about the weather, especially what dangers different weather patterns pose

and how to stay updated about nearby storms.

For local weather notifications, students can sign up for K-State Alerts, which notifies students of severe weather in the area. Students can choose what method of communication works best for them, including text messages, phone calls and emails. For more information, or to sign up for the service, visit *k-state.edu/safety/*

Kristin McCormick, senior in life sciences and gerontology, said she utilizes the K-State Alerts program when she is in the Manhattan area, and local or national news outlets when she is in her hometown to stay informed about storms.

"When I'm at home, I keep the Weather Channel on in the background and keep an eye on it," McCormick said.

Riley County also offers an emergency alert service called the Immediate Response Information System. IRIS allows people to sign up for alerts via different communication methods as well. To sign up for IRIS, go to the Emergency Management Department page at the Riley County web-

site, rileycountyks.gov. The last tip from Ready.gov is to always be prepared. In addition to the first two steps, preparation can include reviewing where to take shelter

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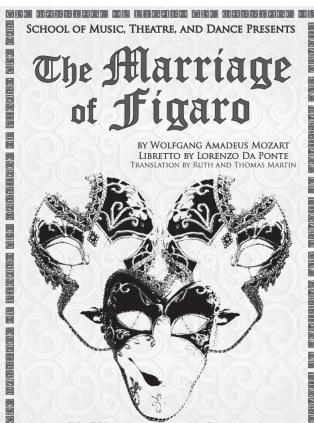
Although Manhattan has yet to be hit with extremely catastrophic weather in 2013, this week is designed to prepare Kansans for the possibility of severe weather such as tornados, hail or severe thunderstorms.

"We're hoping people take this time this week and review their plans," Harrison said. "Be thinking about things that you need to do, and your family, to stay safe."

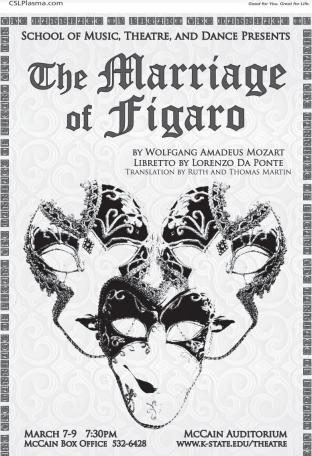


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HALLS | Congestion led to residence limitations, plans for new dorm building

Continued from page 1

"I think removing upperclassmen from the residence halls is a really bad idea," Machado said. "When you have a good mix, it gives the freshmen someone to observe being older than the rest and gives them someone who can help shape who they become in college and for the rest of their lives.

Lander agreed that having

older students in the residence halls can be helpful for the freshmen.

"We do like having returning students living in our facilities because they are good role models for new students," Lander said.

While the new regulation will remove some upperclassmen from the residence halls, there are plans in the works that are aimed at changing the congestion issues in stu-

"We do like having returning students living in our facilities because they are good role models for new students."

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dent housing.

'We are in the early stages of planning for a new residence hall and know that it is a

high need," Lander said. "We hope to have a facility built in

the near future." According to Lander, with the growth of K-State and the high number of students who want to return to the residence halls, it is difficult to know if the new hall would even be enough space for all of them.

Machado, one of the students who has reached her semester limit, will be living with one of her very good friends next year in their own

apartment off campus. "I will miss the family like

atmosphere along with the Derb, and being so conveniently located near all my classes," Machado said. "I am so happy I got to meet new people these past years, and I can say I gained a lot of long lasting friendships."

Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.

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SIT | 6 hours increases diabetes risk

Continued from page 1

an increase in sitting time was associated with greater odds of being affected by chronic diseases.

The odds of being affected by chronic disease were higher in men who reported sitting for between four and six hours a day. The odds increased further for men sitting between six and eight hours a day. In cases where chronic diseases were analyzed individually, men who reportedly sat between six and eight hours a day were at approximately 15 to 25 percent greater risk of contracting diabetes than men who reportedly sat for less than four hours a

While it might seem that college students spend a large amount of the day sitting, they do spend a considerable amount of time doing moderate physical activity. This puts them at a lower risk for chronic illnesses.

"I do spend quite a bit of time at my desk every day, but I try and make up for it by working out, going rock-climbing at the gym and doing gymnastics," said Jacklyn Long, fresh-

man in advertising.
While Rosenkranz's research certainly shows a correlation between long periods of inactivity and an increased risk of chronic diseases, it is difficult to say whether the relationship between the two is causal. In a review of the research published by Bazian, an economic intelligence unit edited by the National Health association of the United Kingdom, the institution stated that the cross-sectional design used by Rosenkranz and his colleagues "cannot prove a cause and effect relationship."

Bazian did, however, credit Rosenkranz and his collegues with validating the evidence that a sedentary lifestyle is a risk factor for health. Rosenkranz agrees with the point made by the

"It is definitely one of the limitations of that kind of research. Our objective was to add to the general body of evidence so I believe we were successful in doing so," Rosenkranz said. "The scientist in me tells me to suspect a causal relationship between the two and work towards definitive answers. We spend a lot time sitting at home, in class or even when at our jobs, where most of the day is spent sitting at our desk, so if there is a definite risk to our

"We spend a lot of time sitting at home, in class or even when at our jobs, where most of the day is spent sitting at our desk, so if there is a definite risk to our health in doing so, it is important that we make people aware."

Richard Rosenkranz assistant professor in human nutrition

health in doing so, it is important that we make

Rosenkranz is currently working on research to explore the causal aspect of the relationship further along with his wife, a nutritionist at K-State, to validate the findings of his previous research with college students here

"This research will actually be in the experimental realm unlike the previous research, and we will be manipulating sitting time to test for a causal argument when it comes to sitting time and chronic illness," Rosenkranz said.

LGBT | Wahls: Boy Scouts must change

Continued from page 4

the power of attorney for Terry. I had goosebumps at the end of that story.

Wahls is a part-time student at the University of Iowa in Iowa City, and he testified before the Iowa House Judiciary Committee on Jan. 31, 2011. The days following his testimony, the recording of his speech hit You-Tube and went viral. Within two days, Wahls' testimony boasted more than 2 million views. He had gone from a son of two lesbian parents to an LGBT marriage equality advocate in less than 48

"This discussion is not about gay marriage ... just, as we like to call it, marriage," Wahls said. "My parents are not gay married, they don't gay eat lunch and they don't gay drive their cars. They are married, they eat lunch and they drive their cars. This conversation is not about gay marriage, it's about just marriage."

Wahls said his parents were legally married in the state of Iowa in 2009 when the state legalized same-sex marriage. He believes marriage comes from the love that binds two people together, he said. Wahls added that when the government denies the right of marriage to same-sex couples, it shows that same-sex couples are second-class citizens who do not possess the rights their hetero-



Hannah Hunsinger | Collegian

Zach Wahls, LGBT rights activist, speaks about gay marriage and his two mothers in Forum Hall on Tuesday night.

sexual counterparts do.

"I had seen his video when it originally went viral a few years ago," said Brandon Wheat, senior in theatre. "He is an absolutely eloquent speaker. He has very effective performance aspects that can be seen any time he speaks."

Wahls, an Eagle Scout, is active at the national level and founded Scouts for Equality to advocate for the reversal of the anti-LGBT membership policy within the Boy Scouts. It is important to him, Wahls said, be-

cause the Boy Scouts have been a moral and ethical bedrock for many young men for more than a century.

"What makes a family?" Wahls asked. "The sanctity of marriage is not something that is clearly defined and is open to interpretation. The idea of marriage is about loving someone so unconditionally that you want to spend the rest of your life with them through marriage, no matter the race, sex or gender of the two people being married."

PFC to host annual 'Spring Broke' budget-planning event

Andy Rao

editor-in-chief

In its ongoing effort to guide students down a path of financial responsibility, K-State's Powercat Financial Counseling is hosting its annual "Spring Break, Not Spring Broke" event from 11:30 a.m.-1:30 p.m. in the K-State Student Union Courtyard on Thursday.

"It's just a fun way to get students to start thinking about budgeting for their week off," said Jodi Kaus, director of PFC. "We're going to have a bunch of games and prizes set up for evtips on how students can make spring break fun and afford-

The event is one of many educational programming initiatives that PFC has coordinated

throughout the year. Kaus said events like Spring Break, Not Spring Broke, which focus on helping students avoid budgetary crises by offering advice and planning resources and tips, have been a success.

One of those resources is an online financial management platform called saltmoney.org, a tool that Kaus said that PFC plans to continue using as a supplement to their programming.

"We are planning on using SALT as a way to help students mainly manage student loans and credit," Kaus said. "Since many students struggle with credit card debt, racking especially during breaks, it's a good way to tie it all together."

Jordan Maxwell, freshman in criminology, said that although he has saved and budgeted for his upcoming spring break plans in Breckenridge, Colo., he had to learn the hard way from a previous experience.

"My trip to New Orleans over the summer was definitely a lot more expensive than I had planned it to be," Maxwell said.

Maxwell said that since that trip, he has saved diligently. Now, he is trying to maintain a "big-picture view" of his financ-

"After that trip, I had to cut back on spending on other areas for a while," he said. "So for the Breckenridge trip, I have been making sure I don't overspend and cut back in other places. I am also nanning on spending less so I don't have to try and make up for it later."

Unfortunately, Kaus said, many who are not used to monitoring their own finances or are new to using credit cards will

return from break with a large bill to pay off.

"It's a slippery slope, and the better that students can be educated about credit, the easier it is to avoid complications with credit," Kaus said.

PFC is also bringing a brandnew initiative to campus called "Pledge to Save," which Kaus said is an attempt to help students achieve their financial goals through incremental sav-

ings plans. "Whether a student wants to save up for a couch or a car, the first step is making a pledge to be committed to your plan," Kaus said. "We are collecting pledges from students who want to create an organized plan to help them save and make smart, affordable purchases."

PFC is competing with Texas Tech University and the University of Missouri to see who can gather the most student pledges by April 1.

In order to make a savings oledge, students can visit the PFC office in the Office of Student Activities and Services.

"We're really excited to be having some new things going on," Kaus said. "And we know that the students that do participate in these programs will be making more educated decisions with their money."

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